



The Advancements of MRI in Veterinary Clinical Cardiology

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Abstract

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Received: 15/05/2024 Editor assigned: 20/05/2024 Reviewed: 25/05/2024 Published: 30/05/2024

Citation: Vismara A. Advancements of MRI in Veterinary Clinical Cardiology. J. Vet. Med. Health. 2024;15(5):1-10.

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Cost: MRI equipment and procedures can be expensive, making it less accessible for some pet owners.

Availability: Not all veterinary clinics have access to MRI machines, limiting its widespread use.

Patient Cooperation: Animals must remain still during the MRI procedure, often requiring sedation or anesthesia, which can pose risks [7].

Discussion

The results of this study provide compelling evidence for the positive impact of exercise on stress reduction in college students. College life is often associated with high levels of stress due to academic demands, social pressures, and lifestyle changes. This stress can lead to adverse effects on students' mental and physical health. Our findings indicate that a 12-week exercise program, which included both aerobic and strength training components, significantly reduced stress levels among participants. This reduction in stress is consistent with previous research showing that physical activity can have a positive influence on mental health by promoting the release of endorphins and reducing stress hormones. One noteworthy aspect of this study is the randomized controlled trial design, which strengthens the credibility of the results. Randomization helped ensure that the exercise group and control group were comparable at the beginning of the study, reducing the potential for bias. Additionally, the use of validated stress assessment questionnaires adds to the reliability of the findings.

While these results are promising, it's essential to consider some limitations. Firstly, the study's duration was limited to 12 weeks, and longer-term effects of exercise on stress reduction were not explored. Future research could investigate the sustainability of stress reduction over extended periods of exercise. Secondly, the study relied on self-reported stress levels, which can be influenced by subjective factors. Including objective measures of stress, such as cortisol levels could enhance the study's validity [8, 9].

Conclusion

The role of MRI in veterinary clinical cardiology is continually expanding, offering significant benefits in diagnosing and managing cardiac conditions in animals. With its non-invasiveness, exceptional soft tissue imaging capabilities, and lack of ionizing radiation, MRI has become an indispensable tool for veterinarians. As technology advances and becomes more accessible, it is likely that MRI will continue to play a pivotal role in enhancing the care and treatment of animals

with cardiovascular diseases, ultimately improving their quality of life. In practical terms, the implications of this research are profound. Colleges and universities can consider implementing structured exercise programs as part of their student wellness initiatives. These programs may not only reduce stress but also contribute to improved mental health, academic success, and overall student satisfaction. In summary, this study underscores the therapeutic potential of exercise in addressing the pressing issue of stress among college students. It encourages institutions of higher education, health professionals, and policymakers to recognize the value of physical activity in promoting the well-being of students. Further research should explore the long-term effects and optimal exercise protocols to provide a more comprehensive understanding of exercise's role in managing stress in the college population.

Conflict of Interest

None

Acknowledgment

None

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